

## Nia Exercise Classes

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## Nia Exercise Classes



Below is a listing of NIA classes in the West Linn area. Call Parks & Recreation office at 503-557-4700 for further information or register on the website.

Nia combines dance arts, martial arts and healing arts in a cardiovascular program that uses whole-body, expressive, grounded movement rather than repetitive jogging or lifting. All Nia movements are adaptable and can be personalized for any level of fitness and agility. Experience the joy of movement and the benefits of moving your body the way it is intended to move. No shoes required. Min 1 Maximum 30. Ages 12+

Nia – Carol Kaplan Kaplan

FEE: IC \$113 / OC \$ 118 Drop-in rate: \$9

2002.201 Mon. & Fri. 9:15 – 10:25 4/12 – 5/31

Sunset Fire Hall

- [Parks and Recreation](#)
- [Just for Residents](#)
- [Just for Seniors](#)

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